



# Chesapeake Task Force on Aging

## "Focusing on Quality of Life"

### JUNE 2016 MEETING MINUTES

The Chesapeake Task Force on Aging meeting was held on Friday, June 3, 2016 at ECPI University in Virginia Beach. We would like to thank our Vice Chair Pam Creef, for hosting our meeting and providing us a wonderful homemade quiche, pastries and fruit.

**8:30 – 9:00 – Networking/Breakfast**

**9:00 – Introductions by Chair, Buck Heffernan**

**Guest Speaker:** Kathy Arnaud, Nationally Certified Massage Therapist, practices at Massage and Restorative Therapy in Chesapeake. She received her training from Advanced Fuller School of Massage, National Institute of Lymphology and Advanced Psych-K Facilitation. She has been in practice since 2005. Kathy has specialized in helping her clients with chronic pain with several therapy modalities and presented to us new to the United States BEMER - a device that can be used to increase circulations that ensures proper supply of nutrients and oxygen as well as proper waste removal within the body. This is fundamental for all metabolic processes and critical role of the circulatory system in overall health and well-being. BEMER began as a leading innovator in the Pulsed Electro Magnetic Field (PEMF) sector. BEMER owns five global patents and their research have received numerous scientific awards. BEMER technology is easy to apply and anyone can use it except those on immune suppressant drugs. Many medical practices and clinics are implementing MENR for preventative purposes and as a supplement to other treatments. In sports it is used to enhance athletic training and accelerate the regenerative process. With use of this technology will increase circulation 25% - 30% up to 12 hours after treatment.

Kathy is looking for people interested in joining her team as a distributor of BEMER as well as introductions to Rehab Facilities, 55+ community directors, private practice doctors and anyone looking to offer a therapy that speeds healing and contributes to longevity. Please contact Kathy via phone 757-409-3529 or email at [kathyarnaud.cmt@gmail.com](mailto:kathyarnaud.cmt@gmail.com) for more information. She is currently taking appointments for 3 free sessions (must be done within a 7 day period) and for more information on this new therapy that she can offer her clients please go to her website at [www.massagetherapistchesapeake.com](http://www.massagetherapistchesapeake.com) and for specific information about BEMER or to purchase go to [www.http://healoringnow.bemergroup.com/en-US](http://healoringnow.bemergroup.com/en-US)

**Board Positions:** The following members were elected to the following positions unanimously by all members in attendance.

**Chair:** Dr. Tony Valencia

**Vice Chair:** Marlene Ryan

**Treasurer:** Pam Creef

**Secretary:** Mindy Hackler

**Public Relations :** Iris James (this is a newly added position to the board to help coordinate social media, website with announcements and special events pertaining to our task force and its members).

**Website:** Paid members may go to the website and upload your information, company logo and website address. Please send all announcements and upcoming events to our newly elected PR, Iris James. Her email [ijames@ssseva.org](mailto:ijames@ssseva.org)

**Announcements/Upcoming Events:** \_ \*\*\*\*\* [Please see website www.CTFOA.org](http://www.CTFOA.org) \*\*\*\*\*

**Treasurer report:** As of 5/31/16 we have \$1,131.41 in our account. We received \$80.00 in dues. Expenses/Checks Written: \$12.00 checking fee, \$430.00 for website, \$200.00 Healthy Chesapeake.

**Upcoming Meetings:**

- 1. NO MEETING TO BE HELD IN JULY - HAPPY 4<sup>TH</sup> OF JULY TO EVERYONE!**
- 2. August 2016: Friday, August 5, 2016** to be held at Autumn Care Chesapeake 715 Argyll Street Chesapeake, VA 23320. Guest speaker: Tracy Bowdish, MM, NMT Fellow topic: Rhythm and Rehab, The Use of Music Therapy in Neurorehabilitation

We would also like to thank our outgoing Chair Buck Heffernan for serving our members for the past two years and Pam Creef who has done an outstanding job as Vice Chair and who is now serving as our Treasurer and last but not least, Annie Alexander who has served as our Treasurer for the past five years.

On behalf of the CTFOA Board

Marlene Ryan

